



**TOURO COLLEGE &
UNIVERSITY SYSTEM**

Touro Scholar

Yearbooks and Newsletters

Spring 2002

The New Independent Pesach 5762

Touro College Manhattan Division

Follow this and additional works at: https://touroscholar.touro.edu/archives_books



Part of the [Higher Education Commons](#)

Recommended Citation

Touro College Manhattan Division. (2002). The New Independent Pesach 5762. Retrieved from https://touroscholar.touro.edu/archives_books/77

This Book is brought to you for free and open access by Touro Scholar. It has been accepted for inclusion in Yearbooks and Newsletters by an authorized administrator of Touro Scholar. For more information, please contact touro.scholar@touro.edu.

INSIDE:
 2 Editor's Note
 3 Interview With the Dean
 4 Style al' Natural
 6 Entertainment at the Seder
 7 Is Mr. Right Really Right?
 8 How Does Pesach Affect Our Lives Today?

MY ISRAEL EXPERIENCE

Page 6



BLAST FROM THE PAST!

Can you guess who
your teachers are?

Page 5



Spring 2002 Pesach 5762

The NEW Independent

The official undergraduate newspaper of the Manhattan Division of Touro College

REFLECTIONS ON 9/11

Devora Jaye

Hashgacha Pratis, Divine Providence, is something hard to see in our daily lives, yet it is an integral part of our Judaism.

Allow me to share with you a story of my mother, father, and two sisters. We were moderately traditional in regards to our yiddishkeit, yet we did not feel a void in our lives. One winter we went on vacation and my mother, who was a young woman in her 30's, was hit by a car and killed. This tragedy was tremendously difficult on us-- my twin sister and I were only 2, and my oldest was 7. Now we were left without a mother. What sense did this make?

Several years later, my father remarried, and his new wife became a mother to us.

Years passed, and my family became increasingly more religious because of this new woman in our lives. Life became filled with religious meaning and a constant climb towards Torah that we are still working on today. *Yad Hashem can be seen clearly here.* It's a meaningful story; some could speculate that my birth mother died so that this family could become more observant, and lead the lives we are leading today. We don't really know. This story, however, doesn't stop here.

For my family, the week of September 11 started out pretty normally. I had just returned from a shabbaton weekend and a friend's wedding. When I awoke Tuesday morning, my life, along with the lives of so many others, changed forever. I turned on the radio to hear the news as I did every morning, and what I heard made my blood run cold. A plane had hit the World Trade Center, where my brother-in-law Mark worked. He and my oldest sister, Jenny, had been married for a little over three years.

There was no news on Mark that day. On Wednesday, I joined my sisters and Mark's family, making phone calls trying to locate my "big brother". There were some false hopes, but mostly there was nothing. Our families were becoming more and more despondent, but part of me still felt like any second we were going to find him. He was Mark, invincible, indestructible, overprotective, my crazy brother who made me walk 6 miles with him instead of taking the tram in France, my domineering math tutor.

The end of the day brought more dejection as we had no information, and my parents



YOU CAN HELP ISRAEL!

Mindy Weingarten

"People must take an active role before an active role takes over them," words of wisdom spoken by Touro student, Tamar Milgram. She is absolutely correct. The situation in Israel has surpassed our greatest fears.

When people are presented with the opportunity to go to Israel, they decline because they are afraid of the "situation". Well, this "situation" is going to continue if every individual doesn't take a stand.

You may be thinking, "I'm an American student; how can I make a difference?" You won't find out until you try. Don't sit in silence while your friends and family in Israel are being injured and killed daily. Yes, you read a perek or two of Tehillim, and that's great, but is that all you can do? As an American, you were raised to have a voice-- to have a say in what's going on...now let that voice be heard!

On February 11, a rally took place in City Hall to support Oliver Koppell's bill to evict the PLO from their Upper East Side location. Together with other college students, I joined in to stop the terror. "Hey hey, ho ho, the PLO has got to go," we shouted in the street. Flyers were distributed to cab drivers and pedestrians.

Did this help? Perhaps it did, perhaps it didn't. One can only hope that it did.

"So, what can I do?" you're wondering. For starters, when you hear about rallies supporting Israel: get-up and take an active role in them. Don't ask other people how it went, but find out yourself.

A further step to take: write to your senators and let them know how you feel. Don't be afraid to give them a piece of your mind. You cannot allow your fellow Israeli brothers and sisters to suffer such anguish. Speak up! Write to your local news station, and let them know how important it is to present both sides of the Israeli/Palestinian story-- how unfair it is that they distort reality and only present the Palestinian point of view.

Give your Tzedakah money to Israel! They desperately need it. Over the past months, their economy has plummeted. A large amount of revenue used to come from tourists, but the terrorist have chased them away.

To sum it all up, along with your davening, you must act. Even as an American you must show support: "United We Stand" - Israel and America.

joined us in New York the following day. One look at my father's face and it hit me that we weren't going to find Mark. My father looked ill. He looked like he was carrying the pain of the world on his shoulders, because in a way, he was. He knew what it was like to suddenly lose a spouse in the midst of a great life, in the middle of hopes and dreams. He knew that incredible pain,

Continued on page 2

DIVERSITY: WITHIN OR WITHOUT?

The Editors

Icome to school and I watch. I observe the comings and goings; overhear a variety of conversations; take notice of the individual styles; and absorb it all-- Rena Fischler.

Rena Fischler arrives a few minutes early to her first class at Touro in anticipation of what to expect. She enters the classroom and notices a few girls huddled together, engrossed in conversation. She nods at them and walks to an empty desk in the corner. At one point, her ears perk up when she overhears them discussing the appropriate height one's knee socks ought to be in accordance with the Jewish law. Her eyes widen in disbelief and she wonders if her brain had just misinterpreted what was being said. She listens



for another couple of minutes and realizes that there is nothing wrong with her hearing. "Soon after I begins to wonder where I was, what I had gotten myself into and was this what my college experience was going to be like?

"My first day at Touro College was nearly two years ago. Since that day, I have not given many students and peers a fair chance and assumed that they all fell into that "category". One I was not very com-

fortable with. Yet, I now realize that I was fooling myself. Over the course of my college education, I have been in a secular school, a college in Israel and now Touro College. I have seen every side of the spectrum. But, Touro has made me see that because we are of the same faith, it does not mean that we all beat to the same drum.

"I have come across the diversity and variety within our institution. I still place individuals into categories that I have made in my mind, but there are so many of them. There are the students who were raised in religious homes and students who were raised completely secular; some who come from a small suburb in middle America, who are still trying to adjust to the New York City high paced life; and those who have called the city their home since birth; some who are conscious of their personal styles and others who are confident with themselves to roll out of bed and start their day; some are extremely involved with their education and those who feel that they can fly through college, some who work too hard and others

Continued on page 4

Editor-in Chief, Creative Director,
And Contributing Writer:
Chaya Silberstien

Art Director:
Stella Engelstein

Assistant Art Directors:
Mirra Reiz
Shoshana Feinstein

Advertising:
Alex Kropsky

Contributing Editor:
Sarah Alpert

Contributing Photographer:
Rachel Jacobson

Contributing Writers:
Regina Musheyev
Adi Fuller
Devorah Jaye
Rachel Bello
Gitty Weinreb
Rena Fischler
Stacy Des Moines
Naomi Strivesky
Naomi Smonowitz
Mindy Weingarten
Rivkie Sternberg

Support Crew:
Dean D. Ehrlich
Dr. M. Popkin
Hadassah Lehman
John Hue

EDITOR'S NOTE:



Buildings tell stories. The Touro Women's Division on the corner of 30th and Lexington tells of a friendly place. The first time I ever entered the huge wooden doors of the antique styled building, I immediately felt at home. It was mid-August, and the place was deserted save for three faculty members. Yet the place felt alive. It was as if the warmth of the students had permeated the building.

The Women's Division is on the historical landmark status: placing many restrictions on renovation. So as you can imagine, the condition of the building was far from perfect. Yet I found that quite comforting. Entering college for the first time is very frightening—a whole new world. But I sensed that the Women's Division was a place that would allow me to grow, a place where I would feel comfortable making mistakes.

Over the past three years, I have grown tremendously. I've sampled every major, until I found the right one for me. I have gone through a journey similar to the one mentioned in the article, "Proud Who I Am" and my religious convictions have grown stronger. Everyday, the tragedy of 9/11 touches a cord within myself, as does the bombings and senseless terrorist attacks in Israel.

The original creators of The Independent had the right idea when they chose the name: A name symbolic of all that America stands for and the antithesis of Osama Bin Ladan. What better time, than now; to begin a new version of The Independent.

Novelty seems to be the word these days. Along with the "new me" and The New Independent, the Women's Division build-



ing has undergone changes as well—from a newly renovated library, to fresh linoleum placed on the first floor. Throughout her changes, the Women's Division will always be the structure that contains a close-knit society of girls.

On that note, I would like to thank all those who so willingly contributed to this newspaper. After three years, The Independent is once again in style.

Chaya Silberstien

LABTALK

By Gitty Weinreb

Take a quick look at today's news - all the usual stuff, isn't it? But step back a moment and think about it... What would a visitor from the 1950s (a mere blink of the eye when considered in terms of history) have thought about the cloning debate? Stem cell research? Quantum supercomputers? What's nanotechnology anyway? Whether we prefer to cower in the shadows or usher it in with open arms, the future is coming our way at breakneck speed and nothing's going to slow its progress...in only 50 years, the world we live in and the issues we have to deal with have been completely transformed, as our researchers and theorists have turned science fiction into science fact; the impossibilities of yesterday have become today's headlines. As technological advancement tends to increase exponentially, we can expect the next few years to be stranger than ever. We may as well hop on board and enjoy the ride.

Here's a collection of some recent sci/tech tidbits (certainly not all, but just a few) that I found interesting, amusing, or just kind of bizarre...

Just can't get enough of Fluffy? How about a genetic backup?

Until now, animal cloning has concentrated on livestock and lab animals like sheep, pigs, and mice, for potential medical/industrial utility. Now researchers at Texas A&M University have cloned the first household pet, a cat, producing a kitten named CC (for CopyCat or CarbonCopy). This development has disturbed some animal rights activists - who argue that it is wrong to think of a pet as replaceable. They assert that this technique is far from perfected as CC was the only surviving kitten embryo out of 87. There really is some serious medical reasoning behind the research, beyond satisfying the wishes of wealthy pet owners - cloning may facilitate research into feline AIDS, which can shed light on the human variety.

Microbial generators?

A team of microbiologists in the University of Massachusetts recently published work concerning Geobacters-- microorganisms found to convert organic matter at the ocean floor into electricity.

Aside from possible power applications, some were found capable of converting toxic compounds into harmless energy - and may eventually be incorporated in the cleanup of environments contaminated by substances such as petroleum.

Looking out for Martians?

NASA's \$300 million 2001 Mars Odyssey mission is beginning its search for large stores of water (probably ice) likely hidden under the surface of the planet. Water has already been seen as ice caps over the poles but far greater amounts may be present underground. Water being a necessary ingredient for life (at least here on Earth), such a finding may indicate enough moisture to support past (or present?) life on Mars.

Electronic eyes?

A silicon microchip now being tested by Optobionics Corporation may help restore vision to people who have lost their vision due to retinal disorders such as retinitis pigmentosa and macular degeneration. The tiny chips, 3 millimeters across, are implanted under the retina in back of the eye and serve as a "replacement retina", collecting light that enters the eye in thousands of microscopic solar cells and changing the light to electrical signals that can be sent directly to the brain via the optic nerve for translation into coherent images.

Silk from a goat?

Researchers have long been attempting to produce artificial spider silk, an extraordinary material that is, strange though it may seem, stronger than steel inch for inch and much lighter and more flexible. Unlike silkworms, however, spiders are difficult to domesticate, and the complex silk proteins proved too tricky to produce in the laboratory. Canada's Nexia Biotechnologies Inc., has now managed to breed cloned transgenic goats with spider genes that cause the goats to produce silk proteins in their milk. The result? An unlimited supply of spider silk, which can be used in better bulletproof vests, medical sutures, and artificial tendons and ligaments.

REFLECTIONS ON 9/11

Continued from page 1

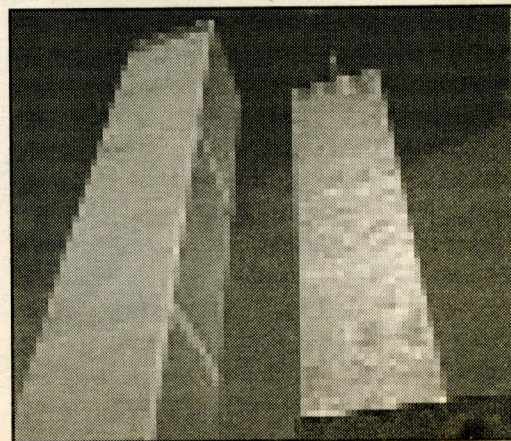
and he was feeling it now for his daughter, Mark's family, and for himself-- reliving his own pain from 18 years before.

No one could have seen the justice in the loss of my mother eighteen years ago. I can't say that my mother died so that my family could become more observant, but I do know that my life is better because of the love and values my new mother introduced to my family.

We don't always understand G-D's plan. We can't begin to try to understand the events of September 11th. I certainly don't. I doesn't get it at all. Why My family? My sister already lost a mother, why now a husband? My brother-in-law's family are the most wonderful people, why them? Why couldn't my mother up in Heaven, convince Hashem to spare Mark? Rachel Imenu, the Midrash says, is supposed to be the one who entreats G-d on behalf of her children, why could she not stop this?

Jenny does not ask these questions. She has never once complained, she has never once asked why. She has just accepted this, and I am absolutely amazed by her constant strength. I know deep down, that G-d has a master plan. I can look back at my life and clearly see how certain events were guided by G-d's hand. But still I ask these questions. Some days I can accept that I will never get answers. Other days I can't.

We, as human beings, don't see G-d's hand guiding us every day. We don't always see that there is a plan; a point to all the pain and suffering that is happening to Klal Yisrael today. We don't know why. Dovid HaMelech wrote in Tehillim- "L'Hagid BaBoker Chasdecha V'Emunascha BaLaylos." We believe in Hashem even in the darkest of times, because if we don't, we have nothing



RECENT EVENTS AT THE WOMEN'S DIVISION:

The New Independent Insider

* To kick off the "Learn and Lunch" series for the Spring 2002 semester, we were privileged to hear Rabbi Zev Reichman speak on the topic of Tu B'Shevat. He discussed the importance of the number seven in the seven species of Israel and how seven represents completion and fullness, which is epitomized by Eretz Yisrael. Rabbi Reichman also said that Tu B'Shevat is the beginning of a series of Yomim Tovim, which occur every 15 days culminating with Shavous, and explained how this holiday is an appointed time to pray for a suitable spouse.

* Two weeks before Purim, Od Yosef Chai appealed to us about the mitzva of matanot l'evyonim. We are happy to announce that even on such short notice we raised close to \$1,000 for this very important cause.

* We continued the spirit of Purim and celebrated on Shushan

Purim by having the noted lecturer, Rabbi Eliezer Moskowitz, discuss with us ways to perfect our hidden Neshama. That night, we enjoyed a Purim Chagiga in our dorm. The band provided lively music and we danced while munching on delicious desserts and hamantashen. Devora Jaye gave a d'var torah about Purim relating to our times.

Upcoming Events:

* On Rosh Chodesh Nissan Ms. Ahuva Gray, Gioret Tzedek, will be addressing us about her journey to Judaism. She will be signing her book called "My Sister, the Jew."

* Mark your calendar for Student Dinner on May 22, 2002. Details will be posted shortly.

*Have a Chag
Kasher V'Sameach!*

RESTAURANT REVIEW

Why Eee's?

*Regina Musheyev
and Chaya Silberstein*

Excellent, Extraordinary, Extravagant. Eee's Bakery offers a large variety of soups, salads, sandwiches, beverages, and baked goods. It is conveniently located on 34th street between Park and Lexington, which is within a 41/2block radius from Touro College. Daily Specials are offered, for all you students on the "go". They consist of a ready-made sandwich plus your pick of a salad or soup.

Eee's believes in activating your full freedom of choice: You can make your own "signature sandwich" with your choice of twelve different types of freshly baked breads or with a low calorie wrap. You pick the vegetables and toppings you like to eat in your salad and have a choice of over thirteen dressings, including fat free. Every day, there are at least four different soups to choose from, including: crème of broccoli, onion soup

with cheese, tomato-barley, and lentil soup.

"The early bird catches the worm," and the \$2.00 breakfast special. (Available until 11am.) Have your egg scrambled or sunny-side-up, with a choice of a bagel, and a coffee. You can then grab something for later: your choice of baked goods, from Krispy Kreme doughnuts to fat-free parve muffins.

The environment at Eee's is set up café style with light music playing in the background. The service is extremely fast, efficient and friendly. A ten percent discount is offered to students with school I.D. Some items at Eee's are Chovlov Yisroel, but the place itself is not. The fat free muffins, as well as some other parve goods are not baked in-house. Eee's excels in high-quality food and ingredients. To quote an Eee's employee, "We import our feta cheese from Israel, because it's supposed to be the best, and at Eee's Bakery, we only have the best."

"INTERVIEW WITH THE DEAN"

Dean Devorah Ehrlich, amidst the responsibilities of her newly acquired title, has kindly agreed to give some of her time to The New Independent in order to satisfy our curiosities about her.

Independent Staff:

What qualifications do you have that will help you serve as Dean of the Women's Division?

Dean Ehrlich: I was an associate professor at Montclair State University and Touro College for twelve years. As such I can understand issues from the perspective of the faculty and students. However, my background is in corporate America and not only academia and, therefore, I aim to accomplish my goals rather than to just join committees to discuss issues that need to be resolved. As an attorney, I developed problem-solving and litigation skills, which allows me to serve as an effective advocate for my school and its students.

I.S: *Do you see yourself as a role model?*

D.E: I think that I can serve as a role model for the Touro women in two areas. The obvious way is that I established a career for myself as an attorney in one of the premier law firms in Manhattan without compromising my religious principles or observance. (For example, not only was I the only woman in the firm who wore a sheitl, but every afternoon I set aside time and closed the door to my office to daven mincha.)

On a more subtle level, my career reflects the flexibility that women in general, and Orthodox women in particular, must have in juggling the different demands on their lives. The fact that our families are often our first priority should not preclude achieving success in our careers. Even though I loved practicing law, I left the practice when the demands of my career unduly interfered with my family life. However, even when family demands limit career choices, I strongly believe that women should not terminate a career. Accordingly, I entered academia and taught accounting and law—thus combining my previous professions in a more flexible environment. This allowed me to increase my professional responsibilities and take on the position of dean.

I.S: *What do you enjoy doing outside of Touro College?*

D.E: Until I accepted the full-time position as Dean, I had time to enjoy sports—such as swimming, skating, and bicycle riding—with my five daughters. Now that I'm working full-time, I barely find the time to chauffeur them to the skating rink or swimming pool.

The one outside interest that I have not given up is serving as a mentor for Partners

in Torah—a program organized by Torah U'Mesora that is looking to run a program at the Women's Division. The woman with whom I currently learn is extremely bright and even though I am purportedly teaching

her, I gain a tremendous amount from her fresh insights on our Torah learning.

I.S: *What have you accomplished at Touro College?*

D.E: During this first year, I have been trying to improve the organization of the school and make it more responsive to the students. For example, in scheduling courses

for the Spring Semester, we tried to offer courses that students had requested in surveys and to schedule them at times that did not present conflicts.

I have also been trying to improve the appearance of our school by arranging for the installation of new floors and upgrading the phone systems. In addition, I was instrumental in restarting The New Independent, which unfortunately had not been published for three years.

My greatest accomplishment was hiring Malkie Katz, my good friend and classmate from BJJ, to serve with her husband as dorm couple. Malkie is an amazingly loving and responsible individual who is always available for the Touro women. This was especially important following the attack on the World Trade Center when dorm students were extremely frightened. Knowing that Malkie and her husband are caring for the dorm students has allowed me to focus on more mundane matters required to upgrade the facility.

I.S: *What would you like to accomplish at the Women's Division in the future?*

D.E: I intend to improve our job placement service, which is important for many of our majors. In addition, I will do my best to help students get accepted into graduate schools. Moreover, I plan to develop more internship programs—such as one in the psychology department on which I am currently working with Professor Klapper. I also intend to upgrade our computer lab so that it can fully service all of our students, especially desktop publishing majors.

I.S: *What message do you have for the students of the Women's Division?*

D.E: I would like them all to know that I am trying to do my best to service their needs. Some of the students, especially the business ones who know me as a professor, have come to me for help or just to chat. I'd like all the Women's Division students to know that I'd love to hear what they like about our school, what they feel needs to be improved, and what I can do to help them make the most of their college years.



HAUTE STUFF

Yesterday

Tiffany bracelet
Burberry plaid white
Louis Vuitton small shoulder clutch
mud-washed denim mini-waist belts
round-toed shoes
stick straight hair
square diamonds
glamour chic

Today

Tiffany watch
Solid stripes beige
Louis Vuitton patchwork Bag
dark blue denim thick hip-hugger belts
pointy-toed shoes
natural wavy hair
round or oval diamonds
peasant chic

231 Rantan Ave.
Highland Park, N.J.

(732) 249-0070
(732) 628-8687
(732) 249-0072

JERUSALEM PIZZA
Catering is Our Specialty

Under Strict Supervision of Vaad Harabanim of Rantan Valley
Sunday thru Thursday: 11:30 - 9:00 Fri. 11:00 - 2:00

STYLE AL' NATURAL

Adi Fuller

Fashion is a vehicle on the road to self-expression and the events of the past few months have illustrated this notion more than ever. For six months I have been unable to walk down a Manhattan street without encountering someone clad in some form of American flag apparel. From canine sweaters on 5th Avenue to dyed dread locks in the village—red, white, and blue has become a trend that everyone is sporting. From Gucci to Gap, Prada to Polo, patriotism has served as the inspiration for many emerging styles and prints. This trend in fashion is a result of the American people's desire to display the deep sense of loyalty they feel for their people and country. Subsequent to the World Trade Center attacks every aspect of American society has been affected, fashion included.

The spring trend in cosmetics reflects this influence. Last season's range of smoky eyes, brightly colored glosses, and body glitter has been replaced by golden bronzers and more subdued earthy shades. In the aftermath of the recent 9/11 tragedy, people have become more solemn and have begun to reprioritize their lives. In their longing to re-acquire security, they have returned to the safety and security of nature. In cosmetics the "made-up" look using heavy colors is

now seen as frou-frou and the natural look is dominating. This is evident in the fashion world through the more grounded shades of gold, tan, and copper appearing this season. At the Yves Saint Laurent runway show, make-up artists prepared the models by applying minimal eye shadows, bronzer and "a swipe of nothing more than lip balm." In haute couture bravado has taken a backseat to simplicity. Ironically, in a business where anything goes and over-the-top has ceased to be defined, more has become passe and less better.

The good news is that this look is easily attainable as almost every cosmetic company is featuring earthy hues in their spring lines: MAC Lip-glass is introducing new, must have claylike colors such as Beta Brown and Infrared Wood; Channel is selling a spring palette of rich golden shades; and Bobbie Brown is furthering the fad by delivering new bronzers and eye "Sparkledust" in Champagne.

So ladies, when you go to buy your Pesach make-up just remember: flashy is out, natural is in. Luckily, when following this trend, fewer products than ever are required, so you save both time and money. To sum it up, to be truly chic this season all you need is a great tan (or bronzer), golden eye shadow, and lip balm!

ATTACK ON AMERICA

SHAYNAH, MY ELEVEN YEAR-OLD SISTER'S THOUGHTS—

ON SEPTEMBER 11, 2001

While I was learning Mrs. Jakobson came in and told us that terrorists had hijacked a Plane and drove it into the world trade center.

I immediately thought of my father and sister who worked in Manhattan, and of all The people that would not be seeing there families, friends, or even nextdoor neighbors that Night.

When I got home from school I was relieved to find that my sister was safely home And my father on his way with some members of his work thinking if they might stay by our House till they found a way home.

I could usually see the twin towers from my window, but in the evening all I could see Was a big cloud of smoke hanging in the air.

On TV that night I saw a replay of what happened that day and it wasn't very pleasant. I could see people jumping out windows, people crying over the people they knew and lost in There, or others running from a cloud of smoke that threatened to overtake them.

After that all I was surprised at how much the country had taken it under control, But I also know that something good always comes out of something bad.

Calligraphy Ink
Holandi

wedding invitations
bar / bat mitzvah
corporate functions
special events - holidays

201-692-3935

Diversity - Continued from page 1

who don't work hard enough, students who study and students who cram, the coffee crew and the office crew, the obedient and the defiant, the loners and the groupies, the religious and the struggling, and the list goes on...

"What I had learned from all my observations was that there is no "typical" Touro Student. We all come from different places, we all do different things, and we are all headed in different directions." Rena Fischler

Rena is reading at a nearby coffeehouse when two young girls walk in and seat themselves within hearing range of her table. At one point she looks up to adjust her eyes and overhears them talking. She is hit with *deja vu* when she overhears one of them make a comment, lumping all Touro girls into one negative category. She is

bothered most was not with the actual opinion, but that three hundred completely different girls are unjustly lumped into a single category. She wonders whether this stranger really knows what goes on inside The Women's Division; does she really know what Touro girls are like?

"The students in Touro College are just like those in any other university. We are all unique individuals. Some of us may mesh with one group better than with others, but we all have something special to offer one another. So I ask, the next time you look at what someone is wearing, or you hear something that irks you, or you just judge because that's the way you are, don't." Rena Fischler

AAA

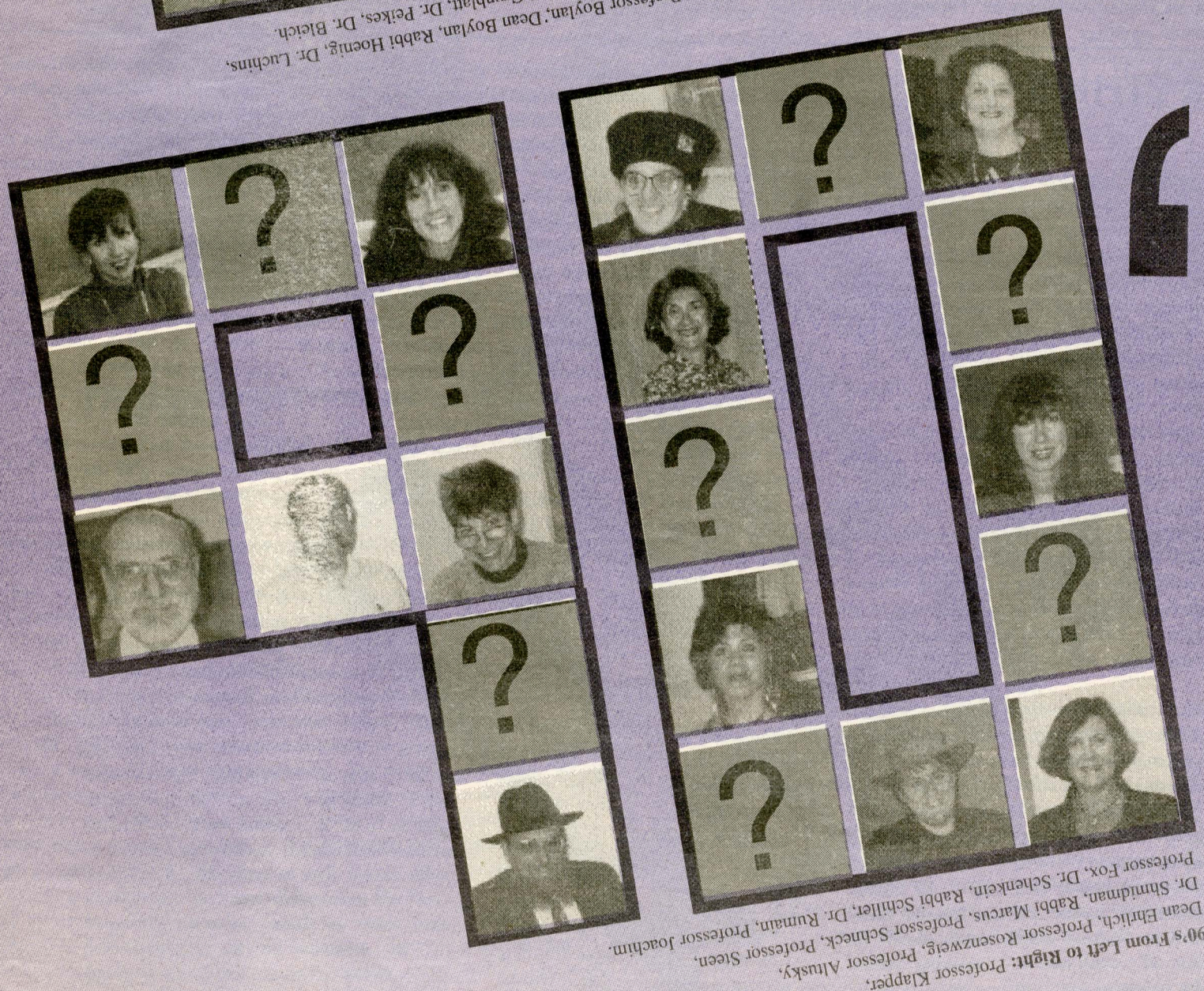
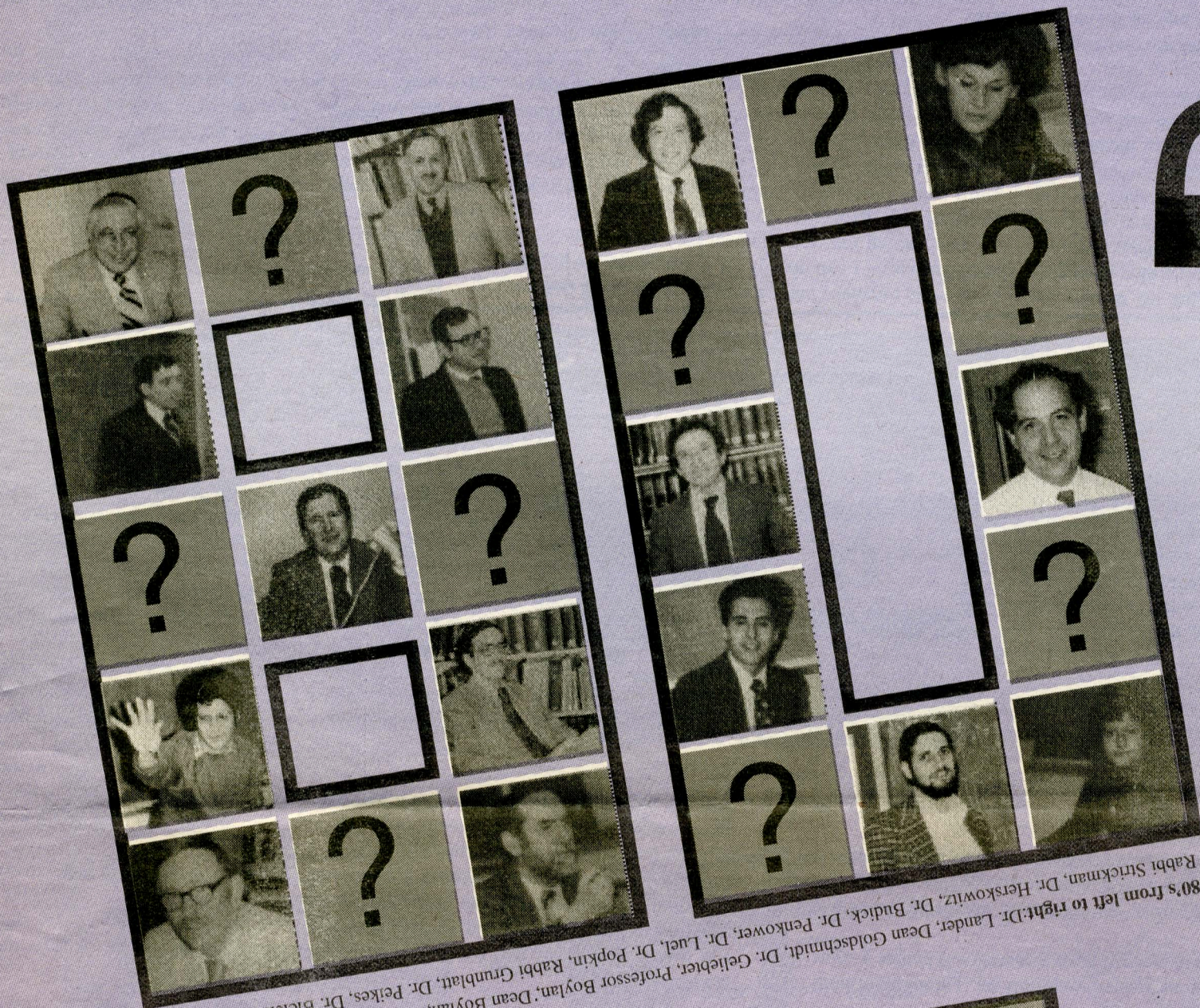
**DISCOUNT
AUTO RENTAL**

\$16.00 A Day And Up

**New and Used
Cars And Vans**

"BLAST FROM THE PAST!"

CAN YOU GUESS WHO YOUR TEACHERS ARE?



ENTERTAINMENT AT THE SEDER...

Naomi Strizevsky

For 210 years our ancestors suffered in Egypt, and to commemorate that we now suffer for 4 hours, 2 nights—210 years packed into 4 hours, pretty good deal, no? While “suffering” is not the word most people would use to describe the typical Pesach Seder, I am sure some of us do wish it could be just a bit more exciting—not an action movie type of excitement with crazed people running around, killing everything and everyone in their way, but fascinating exciting, the kind of excitement that draws you into the story and makes you feel as if you are part of the “action”.

Before I was old enough to appreciate the full seriousness of the Seder, I employed various tactics to keep myself entertained. One of my earliest memories of a Seder from my childhood includes going through all the Hagadas before the Seder and picking out the ones with the most pictures. I wasn't old enough to read, but I sure loved pictures. I would flip through the Hagada and try to find the most interesting one, and then I would make up a story to go with it. I remember telling my parents one

year about the old man with a long, gray beard, flying through the air with a set of carved stones. I always thought he was a wizard, bringing precious stones back to his country. Until I was old enough to know otherwise, I firmly believed in magic—and this was my proof. Imagine my disappointment when I realized that the “wizard” was Moshe Rabbeinu—and he didn't even fly! From then on I never used the “fake” Hagada with its misleading pictures.

My imagination accompanied me on my trip through childhood. As I grew, it grew with me. The variety of methods I used to keep from dozing off was unbelievable. One year I counted the number of times Pharaoh's name was mentioned and made sure it was the same both nights. The year I was eleven I learned about Third World countries in school, and before the first Seder I told myself, “People in Third World countries don't eat for days and all the entertainment they have is probably reading books—I can do this for a few hours.” After 20 restless minutes I made a mental note to thank G-d for

not putting me in a Third World country and because I was so tired, I went to lie down for 5 minutes and fell asleep for 2 hours.

A few years ago I imagined that I had actually been there—one of thousands of Jews, slaving away in Egypt. Everything my father read about applied to me—my brothers and sisters were tortured and oppressed—and I took this very personally. I almost remembered the burning sun, the thirst, and that terrible hatred of the Egyptians.

As we grow, our perceptions change, the way we view things now is not the same way we would have seen them last year. Every year the same story of the Jews in Egypt is told—and every year we have new outlooks and different thoughts that make the same story just a little different. Personally, my days of looking for wizards are over—I am now able to understand that 210 years of slavery is not to be taken lightly.

MY ISRAEL EXPERIENCE

-By Naomi J. SamsonowitzA

A trip to Israel for free! I was very excited. I had not been there in years, and I missed my Israeli family and friends. I was also pleased that I'd be able to visit some beautiful sites and places that I had never seen or hadn't been to in years. My itinerary included touring Israel from the cold north—the Golan Heights, Rosh Hanikrah, Tzfat, Nachal Gilbon, Acco, and Tiverya—to the desert south—Matzada, Ein Gedi, and Dead Sea. The tour included stops at holy shrines, synagogues, archaeological digs, famous battle sites and the Western Wall.

I looked forward to the trip all semester long, since I love traveling and I love Israel, but I never imagined what an impact it would have on me. Thanks to the organizers of our program, Mayanot of Birthright Israel, this was one of the most amazing tours that I have ever experienced. Not only was my trip fun and interesting, more importantly, it was educational and spiritually invigorating.

I grew up in Israel in an Ultra-Orthodox home. I observed what had to be observed, but never felt a strong connection to my homeland or the Jewish people. My Israel experience changed my mind about being Jewish, having Jewish pride and feeling a connection to my homeland.

The ten days I spent in Israel made me realize what a courageous people I come from. Throughout the generations, all nations wanted to destroy us. Through our unity, faith



and G-d's help, we have always survived and are still around today. At different times in history, certain Jews knew that they weren't going to survive, but they still continued to fight for their brothers and teach them that Judaism and Israel would prevail.

There was a lesson to learn from every hike I went on—in Matzada, the Zealots killed themselves and their families to avoid being enslaved by the Romans and losing their religion and Jewish pride. Every alley I passed through held a story about a great rabbi who once lived there or an amazing historical event that took place there. Every mountain I climbed, had a miracle that happened there sometime in Jewish history. I felt spiritual just walking around. I remember thinking that if Judaism has survived for so long, there must be something very significant about it. I think that it is the combination of fighting for our belief, caring for others and serving our Creator that makes it so special.

ENRON: “F” FOR ETHICS

Rivkie Sternberg

Houston-based Enron Corp filed the largest-ever U.S. bankruptcy on Dec. 2, 2001, amid questions over its accounting methods. The energy giant's collapse threw thousands out of work, wiped out employees' life-savings and left shareholders holding worthless stock. As the U.S. Justice Department and Securities Exchange Commission continue to investigate Enron and the events leading up to its collapse, Congressional hearings attempted to establish the individual roles and possible wrongdoing of Enron's executives. Many of those subpoenaed to testify, invariably invoked the protection of the Fifth Amendment of the Constitution: relieving themselves of the additional burden that lying to avoid self-incrimination would create. The Justice Department is also considering bringing criminal charges against Arthur Andersen, the accounting firm that provided both auditing and consulting services to Enron, for its role in the collapse. On January 15, 2002, Andersen acknowledged massive shredding by its employees of Enron-related audit documents and later fired its lead Enron auditor for document destruction.

We in America have a hard time forming accusatory judgments. Whether motivated by fear, complacency, a misguided belief in humanity or simply naivete, we prefer to provide excuses for abhorrent behavior and even afford sympathy to blatant wrongdoers, rather than recognize them for what they often are—evil.

Taking extreme care not to name names, President Bush recently demanded more corporate responsibility as a result of the ongoing Enron bankruptcy scandal and called upon the federal government to strip corporate chief executives of ill-gotten bonuses. However, the face of evil cannot often hide very long behind generalities. Besides selling their stock at a good price, Enron executives received bonuses totaling some \$320 million in 2001 alone as rewards for hitting stock-price targets. The tar-

gets were reached at the same time investigators say Enron officials were improperly inflating company profits by hundreds of millions of dollars, thereby boosting share prices. Linda Lay, wife of former Enron CEO Kenneth Lay, tearfully told a national television audience in January that she and her husband were struggling to avoid personal bankruptcy because of their holdings in worthless Enron stock. According to investigators, she neglected to mention their 4 million dollar purchase of an annuity in February 2000 which, under Texas law, will be creditor-free, and which will guarantee an income of \$900,000 annually for the Lays, starting in February 2007. A year after the Lay's annuity purchase, Enron reportedly issued a newsletter in which they discouraged employees from moving their retirement money (out of Enron stock) into annuities, pushing instead, more Enron stock.

One must wonder, what else were the executives, who saw the writing on the wall, thinking? Did they believe they were somehow “better” than the little people? Did they imagine that they deserved multi-million dollar bonuses for driving a company and all its unsuspecting employees to bankruptcy? Do they continue to believe that they deserve to keep their ill-gotten gains while their former colleagues are unemployed and nearly wiped-out financially? These questions go beyond the obvious pluck of a heartstring.

One can almost hear the animated conversations between Enron executives and their attorneys. “How can I sell my stock now? Everyone will see the stock plummet in a few days!” “Can we really get away with blocking everyone else's stock sales?” “How can we take/pay such huge bonuses when the rest of the company's employees will soon lose everything?” The attorneys quietly assure them that no one can take away their profits and bonuses without due process. Lawsuits for corporate misconduct will inevitably be filed, whether they take their profits at this time, or not. The attorneys emphasize that it will be many years before anything comes to trial and with millions stashed away, their position will be vastly improved. Plus, they'll be able to afford the legal fees. Besides,

everything can and will be settled, in the end. Practical advice for the executives, but insulting to all of us: Is there no longer any room for ethical conduct in business?

A first-year law student sitting in a Contracts class is bothered by a recurrent theme in his first three months of dealing with specific performance and mitigated damages. In every case, regardless of circumstance, where A has breached a contract entered into with B, the judge's opinion NEVER indicates that A has done something WRONG. The only issue is—what loss has B sustained and how must A compensate. Granted, a castigation of A would not immediately benefit B, but a momentary rebuke might benefit society with a reminder that the laws of business, just like those of the criminal, were intended to protect the delicate, ethical balance that a free society needs to function. Capitalism is not the ultimate goal of a democracy; it is merely one of many rights that our body of laws has been designed to defend. The goals of our Constitution are to accomplish such things as to “form a more perfect union, insure domestic tranquility, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity...”. These are not values measurable in dollars and cents but are rather defined in terms of peaceful and productive co-existence, based on ethical behavior and mutual respect. Unfortunately, freedom, opportunity, and the financial pressures of life have shifted society's focus from the luxury of idealism to the pragmatics of realism. This is why Contracts case law does not wag an accusing finger; it just demands a check.

We, as ethical people should condemn corrupt behavior. Enrons actions are reminiscent of the old numbers-crunching method used to decide whether an auto manufacturer should issue an expensive recall to correct a dangerous, life-threatening defect in all of its vehicles of a certain type, or simply allocate funds to cover the inevitable settlements with the families of the statistically fewer expected victims. It also brings to mind the famous excuse: “Nothing personal, It is only business.” It may be time to bring the “personal” back into focus for business.

Dear Avigail,

I live in the dorm, and my roommate is driving me crazy! She never cleans up after herself, and she leaves her stuff everywhere! Nothing I say or do gets through to her. I am not obsessively neat, but I am sick of living in a pigsty!

What should I do?

—Needs to be Neat

Dear Needs to be Neat,

It's very difficult to live with someone who's messy, and worse if you can't make it clear how much the mess disturbs you. Try to encourage your roommate to clean. A lot of roommates take turns cleaning different areas of their apartment. Try to impress upon her how difficult it is for you to live in such a messy place. Begin cleaning, and ask her if she would like to join. If this has been going on for a long time, however, perhaps it is time for your dorm counselor or the dorm mother to intervene. Talk to them and see if they can help.

Dear Avigail,

I have been planning to go away this summer with my sisters for 5 months. My friend just got engaged and is getting married while I will be away. She is devastated that I will be missing her wedding, and of course, so am I. I know my sisters will be incredibly disappointed if I bail on them and part of me keeps thinking that this trip is a once in a lifetime experience. But so is a close friend getting married! Who should I choose?

—Torn

Dear Torn,

This is tough situation, with several different factors. You want to go to the wedding, but you don't want to miss your trip. A trip that is presumably longer than several hours, which is how long the wedding would last. You mentioned she was a 'close' friend. First, think about how close you are. Close enough to miss the trip of a lifetime? Also, think about the trip—is the wedding in the beginning or end? Would it be possible for you to catch up with your sisters a few days late or leave a few days early? Naturally, if you miss the trip or the wedding, people will be disappointed. You have to prioritize and decide which is more important.

IS MR. RIGHT REALLY RIGHT?

Rabbi Dov Heller

With the divorce rate at over 50%, too many people are making a serious mistake in deciding whom to marry. By becoming aware of some of the most common pitfalls, you can avoid getting yourself caught in an unhealthy relationship.

#1. Expecting him to change after you're married: The classic mistake: marrying potential. When it comes to his spirituality, character, personal hygiene, communication skills, and personal habits, make sure you can live with these as they are now. The golden rule is, if you can't be happy with him the way he is now, don't marry him.

#2. Focusing on chemistry more than on character: Chemistry ignites the fire, but good character keeps it burning. Beware of the "I'm in love" syndrome. "I'm in love" often means, "I'm in lust." The attraction may be there, but have you carefully checked out this person's character? Here are four primary character traits to definitely check for: Humility: Does this person believe that "doing the right thing" is more important than personal comfort. Kindness: Does this person enjoy giving pleasure to other people? How does he treat people he doesn't have to be nice to? Does he do volunteer work? Give charity? Responsibility: Can I depend on this person to do what he says he's going to do? Happiness: Does this person like himself? Does he enjoy life? Is he emotionally stable? Ask yourself: Do I want to be more like this person? Do I want to have a child with this person? Would I like my child to turn out like him?

#3. Lack of shared life-goals and priorities: There are three basic ways in which we connect with another person: chemistry and compatibility, shared interests, shared life goals. Make sure you share the deeper level of connection that sharing life goals provide. After marriage, you will inevitably either grow together or grow apart. To avoid growing apart, you must figure out what you're "living for" while you're single — and then find someone who has come to the same conclusion about the meaning of life as you have. This is the true definition of a "soul mate." A soul mate is a goal mate — two people who ultimately share the same understanding of life's purpose and therefore share the same priorities, values and goals.

#4. Absence of deep emotional connection: To evaluate whether or not you have a deep emotional connection, ask yourself: "Do I respect and admire this person?" This does not mean, "Am I impressed by this person?" We are impressed by a Mercedes we do not respect someone because he owns a Mercedes. You should be impressed by qualities of creativity,

loyalty, determination, etc. Also ask: "Do I trust this person?" This includes: "Is he emotionally stable? Do I feel I can rely on him?"

#5. Choosing someone with whom you don't feel emotionally safe: Ask yourself the following questions: Do I feel calm, peaceful and relaxed with this person? Can I fully be myself with this person? Does this person make me feel good about myself? Are you afraid of this person in any way? You should not feel you need to monitor what you say because you are afraid of how the other person will view it. If you're afraid to express your feelings and opinions openly, there's a problem with the relationship. Another aspect of feeling safe is that you don't feel the other person is trying to control you. Controlling behaviors are a sign of an abusive person. Be on the look out for someone who is always trying to change you. There's a big difference between "controlling" and "making suggestions." A suggestion is made for your benefit; a control statement is made for his benefit.

#6. Hiding issues under the table: Anything that bothers you about the relationship must be brought up for discussion. Bringing up the uncomfortable stuff is the only way to evaluate how well the two of you communicate, negotiate, and work together. Over the course of a lifetime, difficulties will inevitably arise. You need to know now, before making a commitment, whether you can resolve your differences and find compromises that work for both of you. Never be afraid to let the person know what bothers you. This is also a way for you to test how vulnerable you can be with this person. If you can't be vulnerable, then you can't be intimate. The two go hand in hand.

#7. Using the relationship as an escape from personal problems and unhappiness: If you are unhappy and single, you'll probably be unhappy and married, too. Marriage does not fix personal, psychological and emotional problems. If anything, marriage exacerbates them. If you are not happy with yourself, take the opportunity to work on yourself now while you are single. You'll feel better, and your future spouse will thank you for it.

Rabbi Dov Heller is a licensed Marriage and Family Therapist who holds Masters Degrees in Clinical Psychology from Antioch University and in Contemporary Theology from Harvard University. He has recently founded The Relationship Institute in Los Angeles specializing in helping people solve their relationship challenges. In addition, he provides an "international coaching and counseling service via telephone for relationship issues." For more information about his telephone counseling service and public speaking availability, contact him via email at Dheller2@netzero.net.

Mazal Tovs to the Most Recent Engagements:

Gittle Mintz
Jessica Buckley
Miriam Gelb
Miriam Klein
Naomi Kalendrovsa
Pearl Garber
Shelly Atlas
Shoshana Lavichaim
Shoshana Solomon
Susan Reiz
Tamar Schuss
Tova Rogoff
Tzippy Rosenberg

Dating Experiences Gone Awry...

By Stacy Des Moines

You ever snort in mid-giggle? Your date had been flaunting his sense of humor by revealing a witty joke, and your response sounded more like an elephant's trumpet? "Oh no!" You thought to yourself, "He's going to think that I'm such a nerd!" Although everyone has embarrassing moments, when you have one on a date it seems like the ultimate humiliating experience. The world seems to be ending, but more likely your date. You try so hard to make a good impression and remain calm on a date that it seems as though you will escape the inevitable. Alas, out of the blue, BANG! A piece of food gets stuck between your front choppers. As you engage in conversation with your date, you wonder why he's so infatuated by your teeth? It isn't until later, when you go to powder your

nose, that you notice the guck between your teeth had been doing all the talking. Wishing you could slip out the nearest door without your date noticing, you mentally scream, "WHY ME?" Don't worry you are not alone. Here are examples of others that have felt your pain:

"Once my date took me on a boat ride. It was fun, and our conversation was going really well. That was until a jet skier skied right past us. We both got drenched, except that I was wearing a white shirt!"
—Samantha Rosenberg

"Mid-way through dinner, on a first date, I realized that I had forgotten the guy's name! To make matters worse, he kept praising me; telling me how beautiful my name was. Towards the end of the date,

convention led me to ask him his name. He was completely caught off guard and asked if he had heard me correctly. I was beyond embarrassed. Let's just say, that was the last date we ever had."
—Naomi Friedman

"Nicole and I had dates on the same exact evening at the same exact time at the same exact place. Her destination that night was to a baseball game, while mine was to dinner. We both dressed accordingly. Let me just mention that they were both blind dates and neither of us knew what our guys looked like. The cars pulled up at the same moment and we both parted ways. As Nicole tugged on her baseball cap, she looked quizzically at her date: He was wearing a suit and tie! She began to ask him questions about school, and he had no

idea what she was talking about. That's when they acknowledged that there had been some sort of mistake, and he drove her back home. It was so funny but incredibly embarrassing."
—Netti Spiegel

"Bringing a purse on my date was a schlep, so I stuck my money and metro card in my skirt's waistband. It just so happened, that my date took me to play pool. As I leaned over to score an eight ball, all my money spilled out on the table. The guy shot me the strangest look, and I felt extremely confused and embarrassed. Needless to say, I never saw him again. Nowadays, I always make sure to take my purse where ever I go."

—A Touro Faculty Member

"MIRROR, MIRROR ON THE WALL: TWEEZING, WAXING, OR IS IT THREADING?"

Chaya Silberstein

The tweezers became my archenemy the day my senior high-school pictures were taken. Up until that day, the shape and size of my eyebrows had never bothered me much. But on the day of senior pictures, I decided that I had to look perfectly perfect. Hence, when I discovered to my horror that my eyebrows were uneven, I plucked a little from one side, and a little from the other, until all that remained were two sadly thin brows.

The pictures are another story in itself, but since that fateful day my eyebrows became an obsession. They grew back unruly and uneven, but with help of the hated tweezers, I managed to maintain them. I

never over-plucked again. The downside was: I skimped while plucking and my eyebrows grew quite thick. Eventually I discovered waxing. It felt like a million band-aids being ripped off at once. I tolerated it, because it allowed me to discard the dreaded tweezers for good.

"MAZE Beauty Salon" I read in a storefront window at 184 Lexington (at 31st.), "Twenty percent off for all students." Being a natural-born New Yorker, I was always on the lookout for a good bargain.

I couldn't resist going in to MAZE to find out more details. I was greeted by a beautiful decor of modern blue and white shades. The latest hits from KTU radio station were playing in the background and the place was immaculate. I turned to the receptionist, Louiza, and asked what services they provided at MAZE. She answered that they offer most standard beauty treatments, including manicures, pedicures, haircuts, blow-drying,

facials, massages, tinting, waxing, and threading.

My ears perked up at the mention of threading. I had heard of it before, but never tried it. It is a technique where the beautician removes individual hairs by twisting a piece of thread to and fro. I decided—today was the day to try it out on my eyebrows.

One of the managers, Rena, took me into a side room where I lay down on an exam-like table. I was surprised at how painless the threading was. It felt like tiny pin-pricks, but it was much less painful than waxing.

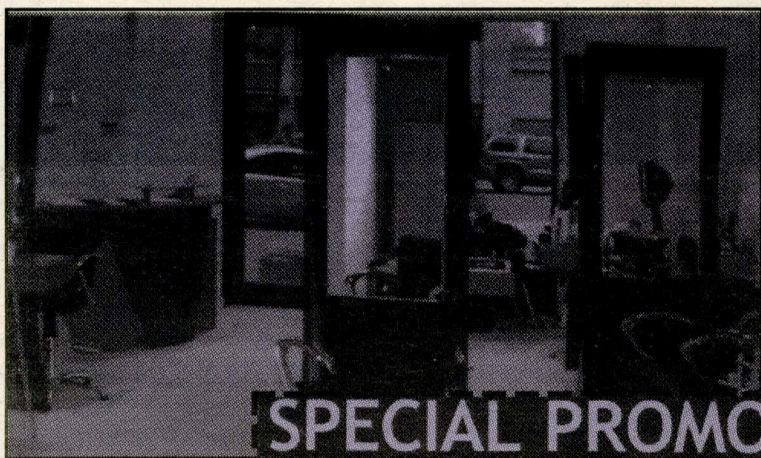
I looked into the mirror when the process was complete, and over my shoulder I heard Rena remark, "Threading gives you good shape."

I nodded my head in agreement and exclaimed, "Wow, my eyebrows are finally even!"

Threading conserves both money and time. Each session of threading costs

two more dollars than each session of waxing, but divide the cost of threading in half, because unlike waxing which has to be done every two weeks, threading only has to be done once a month.

I have therefore found my new favorite place and new favorite way of dealing with my eyebrows. A big bonus is that MAZE is a one-stop shop. Next on my list are a manicure (which with the student discount is only \$8.00), a haircut, and maybe a massage. MAZE is close enough to school so I can go on my lunch break. That works for me!



SPECIAL PROMOTION*

Shampoo & Cut	\$30	- \$11 =	\$19	+tax
Shampoo & Blow Dry	\$30	- \$ 9 =	\$21	+tax
Shampoo, Cut & Blow Dry	\$50	- \$12 =	\$38	+tax
European Facial	\$60	- \$10 =	\$50	+tax
Massage 30 min.	\$50	- \$15 =	\$35	+tax

*With this card only. Cannot be combined with any other offers. All prices are subject to change without notice. Expires 5/31/02.

184 Lexington Avenue
(Bet. 31st & 32nd Sts.)
New York • NY 10016
Tel. (212) 447-7171

Open 7 days
Mon. - Sat.: 10 AM - 7 PM
Sun.: 10 AM - 6 PM



CHAROSES RECIPES

Contributed by Regina Muscheyev

Charoses- Jerusalem Style

5 dates
1-2 apples
6 walnuts
5 almonds
1/4 tsp. Cinnamon
1-3 T. wine
a dash of ginger

Grind dates, apples, walnuts and almonds separately. Mix together, adding ginger, cinnamon, and enough wine to make it a thick mixture-not to dilute it.

Charoses- Sephardic Style

1/2 lb. dates
1 apple
1/4 lb. walnuts
1/4 tsp. almonds
1/8 tsp. pepper
1/4 cinnamon
wine

Grind all the above together. Add enough wine a few hours before the seder to make it stick together.

Charoses- American style

1 cup chopped apples
1 cup walnuts
1 tsp. Cinnamon
2 T. sweet wine

Mix everything together. Add enough wine to bind the mixture.

HOW DOES PESACH AFFECT OUR LIVES TODAY?

Rachel Bello

Rav Pinto, the talmid of the Ari Hakadosh gives a beautiful d'rasha on the kabbalistic aspects of Pesach. In his sefer, Pachad David, Rav Pinto discusses the magnanimous changes that affected us as a people at every level of existence. He explains why the Torah commands us to remember Pesach every day of our lives including within our daily t'filot, on Shabbat, and on other chagim. On the chag Hapesach itself we have a special tzivui to elaborate and dwell on the actual story of the redemption and discuss the many nissim and niflaot Hashem did for us. On the night of the Seder we are protected: leil shimurim hee l'Hashem, shimurim l'chol bnei dorotam. The Torah specifies that the privileges and protection we received thousands of years ago are still awarded to every generation. If the changes that took place during the exodus from Egypt directly affects every single Jew today, why don't we jump for joy at the approach of Pesach rather than groan and dread the upcoming work? Rav Pinto also asks: If the focus of the Seder is to celebrate our existence as free people, why does the Hagada start by reminding us that we were slaves with, "Avadim Hayinu"? In addition, does the Torah truly expect us to feel like slaves while we sit comfortably at our feasts?

According to the Ari Hakadosh, the nes Ha'Pesach was the complete transformation of the very souls of bnei Yisrael. Just imagine what your life would be like, if you couldn't worship Hashem freely. Imagine if you were stripped of your pride, identity, and dignity. Paroh commanded human beings to commit the ultimate wrong and kill their own babies! He toyed with the very psyche of human beings, by forcing heavy labor on the women and menial tasks to the men. The Zohar teaches that Paroh used witchcraft to inhibit our ability to speak. Speech is

the very characteristic that separates us from animals. For this reason, za'aknu la'Hashem, we cried out to Hakadosh Baruch Hu to allow us to serve him as dignified human beings. Spiritually, Paroh represented a nation of zima, sexual immorality. Egypt captured nine out of the ten levels of znut found in the world. Imagine living as animals trapped in a cage of immorality. Our minds filled with the forty-nine levels of crassness and impurity, our hearts torn and dripping with the blood of our own children, and our bodies breaking under the monstrous bricks in the burning desert sun.

This desolate picture poses a stark contrast to the Jew of today. We are free to serve Hashem with pride. We carry a glorious history of a people who despite persecution affected the world with the Ohr HaTorah. If Hashem transformed us into a nation of great accomplishments and elevated us to such heights worthy of hearing His revelation in this world, why does the Torah command us to feel as if we were slaves in Egypt? Why do we need to remind ourselves of the terrible oppression? Is it not enough to imagine the suffering instead of truly empathizing with the Avadim?

The Ari Hakadosh taught that, yes, the Chag of Pesach carries a tremendous potential for spiritual protection and growth. It represents the physical emancipation and the mental, emotional, and spiritual awakening of the Jewish People. This change occurred thousands of years ago, but it can occur in every generation if we choose to tap into this power. Our receiving of the siyata d'Shmaya, the cheirut, and the nisim v'niflaot develop from a process of feeling the slavery. A clouded or oppressing force precedes an awakening or redemption by definition. The potential to receive this koach is on Pesach. Rav Pinto

explains that we have to prepare our mind, body and soul to accept this shmirat Hashem long before the Seder night. This can be accomplished through intense study, introspection to develop feelings of empathy, and by physically ridding our possessions of chametz. One who studies the story in depth and is marbeh l'saper b'sipur y'tziyat mitzraim, harei zeh meshubach. A person who succeeds in empathizing with the slaves can feel, k'ilu hu yatza m'mitzraim. The Jew who slaves to rid their house of chametz and crawls on the floor to find a single crumb of bread feels the exhaustion of a slave and imitates their search for crumbs of food. Weeks before the Seder, we are obligated to study the life of the Jews in Mitzraim and imagine their slavery, but, we must also question the oppressing forces that exist in our lives. For whom am I living? Do I live by the standards of a fallible human being or of a higher being? Do I allow my material desires to run my life? Am I living to work, or working to live? During the Seder we bask in the glorious feeling of free people able to serve Hashem.

After Pesach, the Ari Zichrono Tzadik l'Brachah teaches, that we have a responsibility to contemplate the effects of the exodus on the Jewish people. The Torah helps us in doing so by mentioning y'tziyat mitzraim in our daily t'filot, Shabbat, and every other chag. We are to remember that had it not been for the particular way in which Hashem Yitbarach redeemed us, we would never be able to say kiddush, light Neiroi Chanukah or even unite as a nation to receive the Torah. We must also remember that it is up to us to redeem ourselves from our personal slavery for materialism and ephemeral goals to truly feel the cheirut, freedom. Only a person who is free can accept the Torah and only a person who accepts the Ol Malchut Shamaim can be free.